Montana Crunch Time

Recipe: Tuna Apple Salad

Makes 4 servings.

Ingredients:

2 cans water packed tuna, drained

2 T. chopped red onion

1 medium apple, cored and chopped

¼ cup chopped celery

¼ cup golden raisins

3 T .Italian dressing

2 cups salad greens

2 whole-wheat pitas

1. Mix tuna, onion, apple, celery, raisins, and two tablespoons of dressing.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make four pita pockets.
4. Carefully fill pita pockets with tuna and salad greens.

From Everyday Healthy Meals, Network for a Healthy California

Did You Know?

Apples are a source of fiber!

• Fiber helps you feel full, helps keep your blood sugar level normal, and helps with digestion. It is found only in plant foods.

• Kids need three to five servings of fruits and vegetables a day.

Healthy Serving Ideas

Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
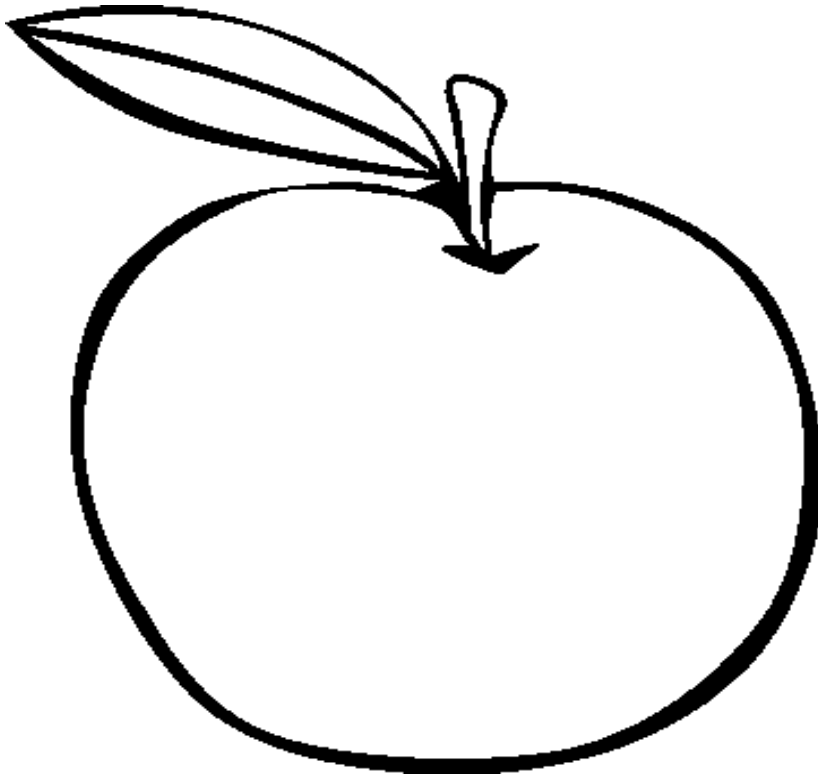
Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit www.cachampionsforchange.net

Fun Fact: The first apple tree in Montana was planted in the Bitterroot Valley in 1866!

Color Your Favorite!

There are many varieties of apples, and they come in many shades of red, green, yellow, and more! They have many fun names including Braeburn, Pink Lady, and Spartan. Learn about other apple varieties at http://www.orangepippin.com/apples. Color your favorite variety on the apple outline to the left.

Apple Poem

Apples in the attic,
Apples in the hall,
Apples in the summer,
Apples in the Fall.

Apples make you healthy,
Apples make you tall.
I will eat some apples,
I will eat them all!

Montana

Crunch Time

Apple Unit Word Search

b	l	o	s	s	o	m	s	c	a
b	c	v	c	p	c	c	e	b	p
w	e	a	p	r	t	i	e	a	p
r	a	a	c	o	r	r	d	s	l
p	l	g	r	u	e	s	s	k	e
i	w	c	o	t	e	o	a	e	r
e	c	x	o	n	a	r	c	t	s
J	o	h	n	n	y	s	p	i	e

pie   tree   seeds   wagon   apple

blossoms   basket   sprout   Johnny

This resource was adapted from the Apple Fact Sheet created by Andi Giddings, FoodCorps Montana Service Member in Butte, Montana.